

# Health Matters



King County

**Walking up stairs burns  
almost 5 times more  
calories than riding an  
elevator.**



**Take the stairs**

Stair climbing is great for your heart, legs and lungs.  
No access to stairs at work? Look for stairs at office  
buildings close to you, or in your daily routine  
(shopping malls, schools, parking lots).

**Get Healthy. Stay Healthy.**

[www.metrokc.gov/employees](http://www.metrokc.gov/employees)

[health.matters@metrokc.gov](mailto:health.matters@metrokc.gov) 206-684-1556